

**WORKSHEET:**

**WHO DO I WANT TO BECOME?**

**(For Youth)**

In our story, Dylan is asked what he wants to be when he grows up. Unsure of his answer, he seeks help from some trusted people in his life. List the people you would talk to if you were struggling to answer this question:

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Dylan identifies that his mom is caring, knowledgeable, nice and not afraid of anything. What character traits and attitudes do you admire in the people you listed?

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How do you want to feel about yourself in the future?

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Dylan's mom helped him identify who he wants to become – someone who tries new things, isn't afraid of failing, helps others and makes a difference in the world. List some of the character traits and attitudes you have today and hope to have in the future:

**ALREADY INSIDE OF ME**

**WANT TO DEVELOP**

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What three (3) steps can you take to develop these traits and attitudes?

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**3.**

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Brainstorm as many different types of opportunities (e.g. volunteering, jobs, recreational, etc.) that you can come up with that would require some or all of these attitudes and character traits.



**WORKSHEET:**

**WHO DO I WANT TO BECOME?**

(For Adults)

**Framework:** *To guide you in developing the connection between present self and future ready self.*

**UNDERSTANDING MY PRESENT SELF:**

**Who Am I Now?**

Identify three to five values that are the most important to you:

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Why are these values the most important to you?:

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List the associated behaviours connected to each value you have identified:

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Which values would you like to develop further so that you can show up at your very best:

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What are the behaviours associated with the values you'd like to develop:

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**WHO DO I WANT TO BECOME?**

What impact do you want to have?

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What legacy do you want to leave? *What do you want to be known for:*

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Identify the resources you currently have to help you actualize the impact you want to have:

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What additional resources do you need? *Resources can include experience, education, financial, social network or self-trust and confidence:*

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Identify three steps that you can take today to help you work towards the impact you want to have and the legacy you want to leave:

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